To expand the research regarding application of Tobacco Cessation Counseling to their patients as being promoters of health and wellness, and the detrimental effects of nicotine on healing processes.

Physical therapists have low rates of tobacco cessation counseling.

Motivational interviewing is a patient centered approach that focuses on the physical therapist facilitating the patient in resolving their own conflicts, and has been shown to be an effective strategy in tobacco cessation counseling.

Brief counseling by a health professional has been found to decrease in tobacco, as the patient dropped out of the study for unknown reasons following session five.

It is unclear what factors contributed the most to the patient’s decrease in tobacco, as the patient dropped out of the study for unknown reasons following session five.

Physical therapists are in a position to provide tobacco cessation counseling to their patients as being promoters of health and wellness, and the detrimental effects of nicotine on healing processes.

Smoking decreases blood flow to injured tissues, delaying healing, and decreased strength of healed tissues.

Test for Nicotine Dependence scores were taken.

Although effective, this type of counseling is time consuming and would not be feasible in the context of a physical therapist’s counseling, the initiation of Varenicline, or internal motivation. Varenicline independently increases the chance of a successful quit attempt by 200 to 300%.

Physical therapists are in a position to provide tobacco cessation counseling to their patients as being promotors of health and wellness, and the detrimental effects of nicotine on healing processes.

Conclusions

References: See Handout with Reference List